

1 VOCABULARY adjectives ending -ed and -ing

a Circle the correct adjective.

HOW TO SURVIVE THE WINTER

If you're in the middle of a long, dark winter and are beginning to feel a bit *depressed* / *depressing* about spending another cold weekend at home, don't worry – here are some things you can do to make yourself feel better.

Get moving

Exercise is one of the best things you can do. But remember that doing just one kind of exercise can get a bit *bored* / *boring*, so try different things. Go swimming, go for a walk, get on a bike, etc.

Eat chocolate

The newspapers all got very *exciting* / *excited* recently about reports that chocolate is good for you – and it seems to be true. Chocolate contains tryptophan, which makes you feel happier and more *relaxed* / *relaxing*.

Book a holiday abroad or a weekend away

It always helps to do something different. A holiday somewhere hot – or a skiing holiday – can mean you get to see the sun. But if you don't have much money after Christmas or you're *frightened* / *frightening* of flying, a weekend away close to home also gives you something to look forward to.

Read a book

Turn off your phone and the TV, and shut down your laptop. Go to your local bookshop – these usually have all kinds of *interesting* / *interested* books you can read.

See people

Not online, but in real life. Invite people to your house for dinner. In the middle of winter, an evening in front of the fire with family and friends is really *relaxed* / *relaxing*.

b Complete the sentences with adjectives ending -ed or -ing, e.g. *interested* or *interesting*.

- I'm reading a really interesting article.
- Going away for the weekend is very *r* [].
- This film is really *b* []. Turn the TV off.
- Helen's very *d* [] because she's just lost her job.
- My cousin is very *f* [] in fashion.
- Congratulations! That's really *e* [] news.
- The news is all very *d* [] at the moment.
- We had a very *f* [] experience yesterday.
- Mum, I'm *b* [] I have nothing to do!
- The dogs were very *ex* [] to see us when we came home.

2 GRAMMAR something, anything, nothing, etc.

a Complete the sentences with a word from the list.

anybody anything anywhere no one nowhere
someone something somewhere

- We didn't do *anything* [] special last weekend.
- Did you know [] at the meeting today?
- It's very boring in this town. There's [] to go in the evenings.
- He couldn't find his keys [].
- I met [] from my old school at the party last night.
- Lucas has [] to tell you.
- I phoned twice, but [] answered.
- We've found [] to stay in Dublin. It's a nice little hotel.